



POST OPERATIVE EXPECTATIONS **AND INSTRUCTIONS**

DISCOMFORT:

You will likely feel some discomfort after the anesthetic, or “freezing” wears off. Take the recommended and prescribed pain medication as directed to relieve symptoms. The amount of pain you have will vary. **You may notice an increase in the second or third day after the removal.** Also keep in mind that the pain medication may not completely eliminate pain, but should at least make it manageable. The discomfort will probably last at least several days, possibly even 1-2 weeks depending on the surgical difficulty and your individual response. Rest quietly for 24 hours and **avoid vigorous exercise and heavy lifting for at least 3-5 days** to minimize discomfort and maximize healing.

If you had stitches placed in your gums **they will dissolve and fall out on their own in approximately one week.** You may experience a few drops of blood in your saliva or minor discomfort when this occurs. If they come out earlier it is not a concern unless persistent bleeding occurs. They are harmless if swallowed.

MEDICATIONS:

Take as prescribed and as necessary.

- Ibuprofen 600mg; Anti-inflammatory/ pain killer for mild to moderate pain.
- Antibiotics; You **MUST** take as prescribed to prevent infection.
- Narcotics; Pain killer that will relieve severe pain.

SWELLING AND BRUISING:

Swelling of your jaws and cheeks is normal after surgery and will generally increase for two or four days before it starts to slowly decrease. It is very helpful to apply cold compresses to the sides and your lower jaw for the first 48 hours after the surgery. A bag of ice or frozen vegetables wrapped in a towel can be used, **20 minutes on and then 20 minutes off.** You may continue to use ice for several days if you feel it helps with the discomfort. In a few days you may notice bruising, which may appear blue or yellow, developing at the jawline and possibly into your neck. Both bruising and swelling are extremely variable and unpredictable.

DIET:

Because of the freezing it may be difficult to judge temperature for the first few hours, it would be best to avoid hot foods/liquids until freezing has completely worn off. Experiencing some difficulty swallowing in the first few hours because of the freezing is normal. You should eat very soft foods, including pudding, yogurt, soups, pasta, bread, eggs, and lots of liquids for the first 2-3 days. Then start introducing more solid items as tolerated. By 10-14 days you should hopefully have returned to a regular diet. It may take several weeks for the socket to close over and until then you may notice food getting stuck in them. Lastly, avoid alcohol for at least 24 hours after surgery.

ORAL HYGIENE:

Do not rinse or actively spit at all for the first 24 hours as you may rinse the clots out of the sockets and cause bleeding. After the first day you may start to rinse gently with warm, mildly salty water after meals. Do not rinse with anything else for 3-4 days, then you may use mouth rinse. **Please brush your teeth gently the evening of your surgery, avoiding the surgical area for 24 hrs.**



SMOKING:

Avoid smoking for 7 days to prevent dry sockets. It is in your best interest to avoid smoking as it may lead to many complications and cause prolonged healing.

BLEEDING:

After you have teeth extracted, a clot of blood will form in the tooth socket or “holes”. It is very important that you avoid putting anything- your tongue, toothbrush, foods- near the surgical site. You should also avoid using a straw, smoking or actively spitting, as all these actions may cause bleeding. Minor oozing of blood and few spots of blood on your pillow in the morning is normal for 1-2 days. Follow these steps if you think you are bleeding excessively: - Dampen 2 or 3 gauze pads and place directly on the surgical site (socket) that is bleeding.

- Bite down firmly for 30 minutes to apply pressure.
- Repeat two or more times if necessary.

If this does not stop the bleeding, call your surgeon’s office. If you feel the bleeding is extreme and the situation urgent, go to the closest emergency department or call 911.

DRY SOCKET:

After a dental extraction, you may experience “dry socket”. It is recognized after 7-10 days of healing if you experience:

- Pain from surgery is better but then returns.
- It becomes very painful.
- Pain medication does not work.
- Pain spreads to the front of the jaw and/or ear.

Dry socket occurs almost exclusively in the lower jaw, particularly at wisdom teeth sites. The condition will usually resolve itself, however you may wish to get the socket medicated to reduce the pain.

INFECTION:

Occasionally an infection may occur after surgery. If you think you may have an infection, call the office.

Symptoms may include:

- Increased swelling after the first 7-10 days.
- Persistent or worsening pain after day 5.
- You may feel unwell.
- Foul tasting fluid draining from the infected site.



EXTRACTIONS POST OPERATIVE

Medications (Next Dose):

Ibuprofen/Toradol/Naproxen: _____

Tylenol #3 (Lenoltec #3)/Dilaudid: _____

Antibiotics: _____

Other: _____

- Please take your medication as directed. **For severe pain**, spacing your pain meds can be useful to maximize your drug efficacy. For example: Tylenol, then 2 hours later, Ibuprofen (NSAIDS), 2 hours later, Tylenol etc.
- Gauze may be removed and discarded 30 minutes after leaving the clinic. If needed, new gauze may be placed for another 30 minutes and repeat as required. Moisten gauze with water before placing. It is normal to have red-colored saliva for a few days.
- Avoid straws or any form of suction in the mouth for 7 days. Smoking/vaping is **not recommended following oral surgery for at least 7 days**.
- Your maximum swelling and discomfort will be the **first 3-5 days** post surgery. This is true for any surgical procedures, don't be alarmed if you're swelling and discomfort reaches its maximum at day 5.
- Dry socket can occur **7-10 days** following surgery. If you suspect you have dry socket, please contact the clinic or your general dentist for treatment and exam will be done and only if required a packing will be placed. (Dry socket is a dull constant pain radiating along your jaw up to your ear).
- For sinus precautions, please follow the instructions pamphlet given with your post-operative package.
- Start warm saltwater rinses the **day after surgery**. Rinse after each meal and continue until each area is healed. **Start brushing your teeth** gently the **evening** of your surgery avoiding the surgical site for the **first 24 hrs**. After 24 hours return to normal brushing.
- The syringe is to prevent infections. **Start using on the 7th day post surgery**. After 7 days it must be used after each meal to rinse out the sockets using warm tap water. You may have to do this for a few weeks/month until the sockets are fully healed.
- Apply ice to your face **20 minutes on and then 20 minutes off** for today and tomorrow.
- **Not following these instructions will increase your chances of pain, swelling and infection.**
- If you have received a new denture, it should be placed as soon as possible following your procedure. It should remain in until you see your dentist for adjustments. You may take it out after meals and to rinse clean. You should see your dentist for adjustments within a few days following your surgery.
- For patients in retention of braces, your clear retainer should be placed within the first 24 hrs post-surgery.

Please see the following for emergency contact: Truro office 902-843-3330 or 1-855-474-2672

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